

Tuna Salad Sandwich¹⁵

Number of Servings: 15 (156.89 g per serving)

Amount	Measure	Ingredient
23.00	oz	Fish, tuna, light, w/water, drained, unsalted, cnd
7 1/2	ea	Eggs, hard bld, lrg
1 1/2	cup	Mayonnaise, light
8 1/2	Tbs	Relish, pickle, sweet
1.00	tsp	Spice, onion, powder
4 1/2	Tbs	Pimentos, cnd
30.00	pce	Bread, whole grain, slice

Nutrients per serving

Nutrition Facts	
Serving Size (157g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 570mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 20g	
Vitamin A 8%	• Vitamin C 6%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Cook eggs and chill quickly to 40 degrees or less. Adding 1/2-1 t. salt/quart of water in which eggs are cooked (bring to boil and simmer for 5 minutes) makes them easier to peel when chilled. Drain off hot water and cool with cold water poured off several times in cooling process. Refrigerate over night. Peel and chop for recipe.

* Drain tuna, pressing lightly to fully drain, (most brand ~1/3 of weight = liquid) and chill overnight to 40 degrees or less. WEIGHT of tuna is after drained. Subtract ounces of liquid drained from can total to determine drained weight.

Combine cold light mayonnaie, pickle relish, onion powder and pimiento and add to eggs and tuna. Mix lightly.

Wash hands and put on clean gloves.

Assemble filling and bread. Portion filling with #10 scoop onto 1/2 of slices, spread and place another slice of bread on top. Package those for home delivery in sandwich bags. Put others in sealed container to keep fresh until meal service. Refrigerate at 40 degrees or less.

Serve 1 sandwich (2 bread, #10 scoop of tuna salad filling) with gloved hand unless packaged in sandwich bags earlier.

1 sandwich = 2 oz meat subst, 2 grain product servings.

1 sandwich = 30 grams CHO = 2 carb servings